



## Spring 2021 Learning Session Resource Page

### Web-Based Resources

[Mindful - healthy mind, healthy life](#) – Resources on Mindfulness

[Mindset Works](#) – Resources on the science behind Carol Dweck’s “Growth Mindset”

### Books, Articles, and Videos

[The Full Body Yes](#) - Scott Schute

[The Body Keeps the Score](#) – Bessel Vander Kolk

[Healing the Hidden Wounds of Racial Trauma](#) – Kenneth V. Hardy

[The \\$100 Race](#)

### Learn More about the Speakers and their work

[Dr. Isaiah Pickens](#) – CEO, iOpening Enterprises (Keynote: Restoring Wholeness: Healing, Justice and Wellness After Crisis)

[Sarah Buffie](#), MSW, Founding Director and Trauma Responsive Care Trainer, Soul Bird Consulting- (Breakout: Trauma Responsive Listening: Notice, Accept and Invite)

[Stacy Sims](#), Founder of The Well (Session: Mindful Music)

[Sarah Zawaly, Senior Specialist](#), – CCHMC Mayerson Center for Safe & Healthy Children (Plenary Session: Coming Up for Air)

### Loving Kindness (Metta) meditation – courtesy of Sarah Zawaly

Close your eyes if you would like or find a soft gaze.

Extend loving kindness to yourself:

Imagine seeing yourself happy and smiling.

Imagine sending feelings of love and kindness to yourself.

Think of five things you love about yourself.

Say to yourself the Loving Kindness Meditation words: “May I have loving-kindness. May I have strength, peace, love and success. And may I have the strength to overcome all obstacles.”

Bring to mind someone close to you (family / friend) and repeat the process.

1. Imagine the person happy.
2. Visualize sending them love.
3. Imagine them sending love back to you.

Think of five things you love about that person.

Now say the Loving Kindness Meditation script “May you have loving-kindness. May you have love, peace, strength and success. And may you have the strength to overcome all obstacles.”

Now Bring to Mind this entire group of people on this Zoom

Imagine all of us being happy

Visualize sending love to everyone in the room and imagine everyone sending love back to you (You can change this to a group suffering, etc. I have been visualizing the people of India the past few weeks)

“May all have loving-kindness. May all have love, peace, strength and success. And may all have the strength to overcome all obstacles.”

### For Kids switch to:

May I feel loved, May I feel safe and May I be free of worry...Repeat 🔄 Sometimes for kids it is nice for them to envision someone they love and then someone they are frustrated or angry at, etc.